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For Release: April 16, 2014

## **BROUGHTON HOSPITAL EARNS HIGHEST AWARD FOR HEALTHY WORKPLACE**

CHAPEL HILL, NC – Broughton Hospital in Morganton, NC, is the first state agency to earn the Excellence Recognition, Prevention Partners' highest standard for healthy workplaces. The award signals that Broughton, a state hospital serving western North Carolinians with mental health issues, has completed a rigorous transformation in workplace health and prevention. Organizations reach the excellence level by scoring straight As in all four modules – nutrition, physical activity, tobacco cessation, and overall culture of wellness – of WorkHealthy America, Prevention Partners' workplace prevention initiative.

"State agencies have limited funds and face extra challenges when they work to change employee environments, so we congratulate Broughton's staff for their resourcefulness, dedication, and commitment to creating a healthy work culture for employees," says Meg Molloy, president & CEO of Prevention Partners. "These efforts will improve the health of employees and their family members, reduce time away from work, and reduce healthcare costs to the taxpayer — much to celebrate!"

"Employee wellness is important to Broughton Hospital because we are in the business of health care," says Sherry Helton, radiology director at Broughton and coordinator of its WorkHealthy initiative. "Wellness is a personal journey, but environment/culture is a big influence on this journey. Broughton Hospital wants to be a supportive environment for each employee's personal journey into and throughout wellness. WorkHealthy America has given our Employee Wellness committee the tools to evaluate our environment and culture and manageable suggestions to make effective changes."

The Kate B. Reynolds Charitable Trust funded WorkHealthy America pilot initiatives in the rural NC counties of Burke (where Morganton is located) and Lenoir. "The Trust is committed to supporting healthier workplaces for low- and moderate-income people, and the work at Broughton is showing great results. We look forward to hearing more about Broughton's healthier workers, as well as those of other employers in the Burke and Lenoir pilot programs," says Allen Smart, vice president of programs, Kate B. Reynolds Charitable Trust.

"This is wonderful news, not only for the staff of Broughton Hospital, but for the people they serve. Healthy employees provide better, more efficient service," says Katherine Hilliard, Statewide Wellness Coordinator with the NC Office of State Human Resources. "I am thrilled with Broughton Hospital's success, and I hope to see other state agencies following in their footsteps in the near future."

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*The nonprofit Prevention Partners builds healthier communities through a suite of products that guide schools, workplaces, hospitals and clinics to address the leading causes of preventable disease: tobacco use, poor nutrition, physical inactivity and obesity. Read more: [forprevention.org](http://forprevention.org)*